

## **Abstract**

### **Appellation of thesis**

Potentialities of research of individual performance factors in defensive play in youth categories.

### **Aim of thesis**

The aim is to compose the profile of individual performance in defensive play in elderly youth categories at somatic and fitness factors.

### **Solution methods**

Examined sample of inquired population was represented by following spectrum of players who we tested.

Test form	6th class / nr. p.	7th class / nr. p.	8th class / nr. p.	9th class / nr. p.
Nonspecific	24	25	22	18
Specific	21	25	20	17
Total quantity of players	45	50	42	35

Players were divided into two performance categories according to achieved results. In each age category we branded the elite performance category which is represented by 85-95 percentile according to achieved results. The other players who achieved the results in range 40-60 percentile we branded as average performance category. The results of this category is labeled as middle value (SH).

## **Results**

Statistically significant differences in results as the age, body weight, body height, cardio endurance capability, speed abilities, muscular power abilities, co-ordination abilities and flexibility, which determine individual performance in defensive play we registered according to:

- The age
- The Performance - elite and average

## **Key words**

The age category, body weight, body height, cardio endurance capabilities, speed abilities, muscular power abilities, co-ordination abilities and flexibility.